

## IN THE CLAIMS

Please amend claims 1-5 and add new claims 6 and 7 as follows;

**Claim 1(amended).** A golf practice system including a support, a line, a ball attached to one end of the line, the line fixed at [the] its other end to the support,  
the line extending [through an] around a generally cylindrical energy absorption device between the ball and the fixed end so that frictional movement of the line around the cylindrical device absorbs kinetic energy of the struck ball.

**Claim 2(amended).** The system of claim [Cl.] 1, which further includes a scale that indicates the length of travel of a ball in free flight when the ball is struck.

**Claim 3(amended).** The system of claim [Cl.] 1, which includes a loop of the line between the energy absorption device and the fixed end, wherein the reduction of the length of the line after striking the ball represents the distance the ball would travel if struck in an unrestrained environment.